

GPW

THE
POWER
ISSUE

2026
PARTICIPANT
GUIDE

THE FUTURE IS FEMALE

Building confidence.
Inspiring leadership.
Changing the game.

MEET INSPIRING FEMALE LEADERS

ELITE PLAYER WORKSHOPS

DEVELOP.
PERFORM.
BELONG.

LEADERSHIP SESSIONS

MENTAL PERFORMANCE

PARENT EDUCATION

GIRLS SUPPORTING GIRLS

MEET THE INCREDIBLE SPEAKERS

THE COMPLETE GIRLS POWER WEEKEND EXPERIENCE



AUGUST 08 - 09, 2026 CROSSFIELD, ALBERTA



WELCOME

MORE THAN SOCCER.



*"We believe every girl deserves
the opportunity to discover
what she is capable of."*

Every Journey Begins With a Single Step.

Every great story starts with the
courage to take the field.



INSIDE THE WEEKEND!

Everything you need. to
All in one place!

Use this guide to plan your weekend, discover your sessions and speakers, explore the community, connect with our partners, and take inspiration home with you.



01

WELCOME

Welcome to Girls Power Weekend
A message from our event Organizing Team

05

Beyond the Game
A message from Alberta Soccer

06



02

EXPERIENCE

Your Weekend
Schedules for all participants for the weekend

07

Meet Your Speakers
The people sharing their experiences

18

More Than a Session- Session Spotlights
A closer look at selected sessions

22



03

EXPLORE

Find Your Way
Venues, fields, and event locations

24

While You're here- Around Crossfield
Food, fuel, pharmacy & essentials

26

Meet the Vendors
Explore, connect, and support local

27

Stay Connected
Speaker organizations and resources

31



04

COMMUNITY

Our Partners
Organizations helping make GPW possible

33

Legacy Builder
Recognizing Access Chiropractic & Wellness

34

Behind the Weekend
Meet the GPW organizing team

37



05

TAKE IT WITH YOU

The GPW Pledge
A promise to yourself and the game

39

A Letter to Every Girl
A final message for the journey ahead

40



MEET NEW FRIENDS



TRY NEW THINGS



BE INSPIRED



DISCOVER YOUR SUPERPOWER

GPW
GIRLS POWER WEEKEND
2026

Welcome to Girls Power Weekend 2026

More Than a Soccer Event

There are moments in sport that stay with us forever.

Not because of the score. Not because of a championship. But because, for the first time, someone believed in us.

Girls Power Weekend was created to be one of those moments.

Across our communities, thousands of girls lace up their boots each season with dreams of improving, making friends, challenging themselves, and simply enjoying the game they love. Yet too many girls leave sport before they discover just how capable they truly are. Confidence is tested. Opportunities can feel limited. Sometimes, all it takes is one positive experience, one encouraging coach, one inspiring role model, or one teammate who believes in you to change everything.

That is why this weekend exists.

Girls Power Weekend is about much more than soccer. It is about creating a place where every girl feels welcomed, respected, supported, and empowered to discover her own potential. Whether you are attending your very first soccer event or already competing at a high level, you belong here.

Throughout the weekend you will learn from accomplished athletes, coaches, match officials, and leaders who have all travelled their own unique paths. Their stories are proof that success is not defined by where you begin, but by your willingness to keep growing, to keep learning, and to believe in yourself even when the journey becomes difficult.

This event is also a celebration of the incredible communities that continue to invest in girls' sport. Parents, volunteers, coaches, officials, sponsors, and community leaders all play an essential role in creating opportunities that help girls thrive both on and off the field. Their commitment reminds us that when a community believes in its girls, extraordinary things become possible.

As you move through this guide, we encourage you to embrace every opportunity. Ask questions. Meet someone new. Cheer loudly. Try something that challenges you. Celebrate one another's successes. Most importantly, remember that every player here is part of something bigger than a single weekend.

Together, we are building confident athletes, stronger leaders, lifelong friendships, and healthier communities.

Thank you for joining us and for helping shape the future of girls' sport in rural Alberta.

Welcome to Girls Power Weekend 2026.

Play with confidence.

Lead with courage.

Inspire the next generation.

We are so glad you're here.

Duncan Hawkins

President, Crossfield Minor Soccer Association (CMSA)

Vice-President, Big Country Soccer Association (BCSA)

Building Confidence. Inspiring Leadership. Changing the Game.



MEET NEW FRIENDS



TRY NEW THINGS



BE INSPIRED



DISCOVER YOUR SUPERPOWER

GPW

GIRLS POWER WEEKEND
2026



A MESSAGE FROM ALBERTA SOCCER

Beyond The Game



Beyond the game, we are all individuals. We each have our own dreams, our own story, and our own reason for falling in love with the beautiful game.



Every one of us is unique. We all have strengths that inspire others and weaknesses that challenge us to grow. It is those differences—not our perfection—that create our beauty, our resilience, and our character.



This weekend is about more than soccer. It's about believing in yourself, lifting one another up, and discovering the strength that comes from being part of a community of girls and women who share a passion for the game.



Embrace your strengths. Embrace your weaknesses, because they are part of your journey. Embrace the challenges, the lessons, and the victories—both on and off the field.



Most importantly, embrace each other.

- Cheer loudly.
- Laugh often.
- Make new friends.
- Be courageous enough to be yourself and kind enough to help others do the same.



The memories you create this weekend will last far longer than the final whistle. Carry them with you. Let them remind you that your value is not measured by goals scored, minutes played, or games won, but by the person you become through the game.



Leadership doesn't always belong to the person in the spotlight. Sometimes, the most impactful leader is the one who believes in others, encourages every teammate, and recognizes the value each person brings.



Choose to be the kind of leader who lifts others up, because a sisterhood built on encouragement, respect, and belief is always stronger together.

*Wishing you a weekend
full of memories beyond the game.*

Tiffany Fontaine

Rural Director
Alberta Soccer Association



MEET NEW FRIENDS



TRY NEW THINGS



BE INSPIRED



DISCOVER YOUR SUPERPOWER

GPW

GIRLS POWER WEEKEND
2026

Your Journey Starts Here!

Every session has been designed to help you grow
as a player, a teammate, and as a leader.



7

CONFIDENT
ATHLETES

STRONG
LEADERS

CONNECTED
COMMUNITIES

SATURDAY

AUGUST 08, 2026

8:00 AM



REGISTRATION & CHECK-IN

Pick up your swag bag, meet new friends, and
get ready for an amazing weekend.

9:00 AM



OPENING CEREMONY

Welcome, Land Acknowledgement, special
guests, and ignite the energy.

9:30 AM



LEADERSHIP SESSIONS AND FIELD TRAINING

Leadership learning sessions with special guest
speakers and on-field technical sessions.

11:00 AM



LEADERSHIP SESSIONS AND FIELD TRAINING

Leadership learning sessions with special guest
speakers and on-field technical sessions.

NOON



LUNCH & CONNECT

Refuel, relax, and reconnect with friends, new
teammates, and mentors.

1:30 PM



LEADERSHIP SESSIONS AND FIELD TRAINING

Leadership learning sessions with special guest
speakers and on-field technical sessions.

3:00 PM



KEYNOTE SPEAKER

Be inspired by powerful stories and tips to help our
soccer stars navigate today's sporting environment.

4:30 PM



DAY ONE REFLECTION

End the day with a group reflection before leaving
the event for the evening.



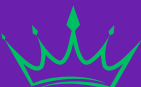
MEET NEW FRIENDS



TRY NEW THINGS



BE INSPIRED



DISCOVER YOUR SUPERPOWER

GPW

GIRLS POWER WEEKEND
2026

“The weekend is more than a schedule. It’s an experience that will stay with you long after the final whistle or final question is answered.”



SUNDAY

AUGUST 09, 2026

8:30 AM



VENDOR MEET & GREET

Arrive at the event and meet with the vendors while preparing for the day’s activities.

9:00 AM



WELCOME BACK

Welcoming participants back for day 2 of the event and review the day’s activities.

9:30 AM



LEADERSHIP SESSIONS AND FIELD TRAINING

Leadership learning sessions with special guest speakers and on-field technical sessions.

11:00 AM



LEADERSHIP SESSIONS AND FIELD TRAINING

Leadership learning sessions with special guest speakers and on-field technical sessions.

NOON



LUNCH & CONNECT

Refuel, relax, and reconnect with friends, new teammates, and mentors.

1:30 PM



LEADERSHIP SESSIONS AND FIELD TRAINING

Olds College Session on Recruiting and on-field technical sessions.

3:00 PM



KEYNOTE SPEAKERS

Be inspired by powerful stories and tips to help our soccer stars navigate today’s sporting environment.

4:30 PM



CLOSING CEREMONY

A reflection of the past two days of all-girls empowerment, development, leadership, and bonding.



MEET NEW FRIENDS



TRY NEW THINGS



BE INSPIRED



DISCOVER YOUR SUPERPOWER

GPW

GIRLS POWER WEEKEND
2026

U5 - U7

Your Adventure!

A weekend full of play, movement, creativity, and making new friends and memories!

PLAY. LEARN.
GROW. BELONG.



JUST FOR YOU!

9



Have fun.



Make new friends.



Try new things.



Celebrate you.

You've got this!

DAY 1

8:00 AM



REGISTRATION & CHECK-IN

Pick up your swag bag, meet new friends, and get ready for an amazing weekend.



Crossfield Community Center

9:00 AM



OPENING CEREMONY

Welcome, Land Acknowledgement, special guests, and ignite the energy.



Crossfield Community Center

9:50 AM



U5-U7 PLAY-BASED SOCCER SESSION

Fun soccer games and activities where you learn as you play.



Murdoch Park Crossfield

11:00 AM



CRAFTS & MOVEMENT

Get creative, move your body, and have fun.



Crossfield Community Center

NOON



LUNCH & CONNECT

Refuel, relax, and reconnect with friends, new teammates, and mentors.



Crossfield Community Center

1:30 PM



U5-U7 PLAY-BASED SOCCER SESSION

Fun soccer games and activities where you learn as you play.



Murdoch Park Crossfield

3:00 PM



ON-FIELD TIME WITH PARENTS.

This is a time for players to spend time with their parents to show them what they learned.



Murdoch Park Crossfield

4:30 PM



DAY ONE REFLECTION

End the day with a group reflection before leaving the event for the evening.



Crossfield Community Center

DAY 2

9:00 AM



WELCOME BACK

Welcoming participants back for day 2 of the event and review the day's activities.



Crossfield Community Center

9:30 AM



U5-U7 PLAY-BASED SOCCER SESSION

Fun soccer games and activities where you learn as you play.



Murdoch Park Crossfield

11:00 AM



CRAFTS & MOVEMENT

Get creative, move your body, and have fun.



Crossfield Community Center

NOON



LUNCH & CONNECT

Refuel, relax, and reconnect with friends, new teammates, and mentors.



Crossfield Community Center

4:30 PM



CLOSING CEREMONY

We celebrate, you, your friends, and your amazing weekend.



McCaskill Field Crossfield



WHAT TO BRING



Water Bottle



Athletic Shoes



Shin Guards



Sunscreen



BIG SMILE!



REMEMBER, THIS IS NOT ABOUT BEING THE BEST, BUT HAVING FUN WHILE EXPLORING WHO YOU ARE WITH A BALL.

GPW

GIRLS POWER WEEKEND
2026

U9 YOUR WEEKEND.
YOUR POWER.

Two days of learning, playing, and building confidence. Challenge yourself, make new friends, and have a blast!

PLAY. LEARN.
GROW. LEAD



JUST FOR YOU!

10



Have fun.



Make new friends.



Try new things.



Celebrate you.

You've got this!

DAY 1

8:00 AM



REGISTRATION & CHECK-IN

Pick up your swag bag, meet new friends, and get ready for an amazing weekend.



Crossfield Community Center

9:00 AM



OPENING CEREMONY

Welcome, Land Acknowledgement, special guests, and ignite the energy.



Crossfield Community Center

9:50 AM



TECHNICAL ACADEMY/ GAME PLAY

This is an on-field session lead by Olds College.



W.G Murdoch High School, Crossfield

11:00 AM



MY SOCCER SUPERPOWER

Discover your strengths, boost your confidence, and celebrate YOU!



Crossfield Community Center



NOON



LUNCH & CONNECT

Refuel, relax, and reconnect with friends, new teammates, and mentors.



Crossfield Community Center

1:30 PM



ADVANCED PLAY ACADEMY

This is an on-field session lead by Olds College.



W.G Murdoch High School, Crossfield

3:00 PM



KEYNOTE: STAYING IN SPORT

This is a time for players to spend time with their parents to show them what they learned.



Crossfield Community Center

4:30 PM



DAY ONE REFLECTION

End the day with a group reflection before leaving the event for the evening.



Crossfield Community Center

WHAT TO BRING



Water Bottle



Athletic Shoes



Shin Guards



Sunscreen



BIG SMILE!

DAY 2

8:30 AM



MORNING MEET & GREET

Welcoming participants back for day 2 of the event and review the day's activities.



Crossfield Community Center

9:00 AM



WELCOME BACK

Welcoming participants back for day 2 of the event and review the day's activities.



Crossfield Community Center

9:30 AM



TECHNICAL ACADEMY/ GAME PLAY

This is an on-field session lead by Olds College.



W.G Murdoch High School, Crossfield

11:00 AM



SESSION ON CONFIDENCE

Believe in yourself, support others, and be your best teammate.



Crossfield Community Center

NOON



LUNCH & CONNECT

Refuel, relax, and reconnect with friends, new teammates, and mentors.



Crossfield Community Center

Be kind. Be brave. Be you.

GPW

GIRLS POWER WEEKEND
2026

11

U9 YOUR WEEKEND. *YOUR POWER.*

Keep growing, support your teammates, and show the world what you're made of!



DAY 2 con't

1:30 PM

SHOWCASE GAMES
Show what you have learnt by putting your skills to the test on the field!

3:00 PM

KEYNOTE PANEL
An unforgettable message to inspire you on and off the field.

4:30 PM

CLOSING CEREMONY
We celebrate, you, your friends, and your amazing weekend.

5:00 PM

SAFE JOURNEY HOME
Take your memories, keep growing, and we'll see you soon!

- W.G Murdoch High School, Crossfield
- Crossfield Community Center
- McCaskill Field Crossfield
- Crossfield Community Center

WHAT TO BRING

Water Bottle

Athletic Shoes

Shin Guards

Sunscreen

BIG SMILE!

YOU'LL GET TO...

Improve Skills

Make New Friends

Build Confidence

Have Fun!

Be Part of Something Big!

SPECIAL THANKS AND RECOGNITION TO :



Remember, you belong. You Matter.

GPW

GIRLS POWER WEEKEND

2026

U11/U13

Challenge. Grow. Lead.

Two days of high-energy sessions, team challenges and leadership experiences designed to build your skills and confidence-on and off the field!

YOU BELONG HERE.



JUST FOR YOU!

12



Have fun.



Make new friends.



Try new things.



Celebrate you.

You've got this!

DAY 1

8:00 AM



REGISTRATION & CHECK-IN

Pick up your swag bag, meet new friends, and get ready for an amazing weekend.



Crossfield Community Center

9:00 AM



OPENING CEREMONY

Welcome, Land Acknowledgement, special guests, and ignite the energy.



Crossfield Community Center

9:50 AM



TECHNICAL ACADEMY/ GAME PLAY

This is an on-field session lead by Olds College.



McCaskill Field Crossfield

11:00 AM



TEAM WORKSHOP

Build stronger connections, communicate better, and win together.



Crossfield Community Center

NOON



LUNCH & CONNECT

Refuel, relax, and reconnect with friends, new teammates, and mentors.



Crossfield Community Center

1:30 PM



CONFIDENCE AND GROWTH SESSION

Develop your mindset, embrace challenges, and believe in YOU!



Crossfield Community Center

3:00 PM



KEYNOTE: STAYING IN SPORT

This is a time for players to spend time with their parents to show them what they learned.



Crossfield Community Center

4:30 PM



DAY ONE REFLECTION

End the day with a group reflection before leaving the event for the evening.



Crossfield Community Center

DAY 2

8:30 AM



MORNING MEET & GREET

Welcoming participants back for day 2 of the event and review the day's activities.



Crossfield Community Center

9:00 AM



WELCOME BACK

Welcoming participants back for day 2 of the event and review the day's activities.



Crossfield Community Center

9:30 AM



TEAM PLAY

This is an on-field session lead by Olds College.



McCaskill Field Crossfield

11:00 AM



GIRLS SUPPORTING GIRLS IN SPORT

Inspire, and be inspired. Lift each other up and build a strong community.



Crossfield Community Center

NOON



LUNCH & CONNECT

Refuel, relax, and reconnect with friends, new teammates, and mentors.



Crossfield Community Center



WHAT TO BRING



Water Bottle



Athletic Shoes



Shin Guards



Sunscreen



BIG SMILE!

**LEAD
&
RISE.**

GPW

**GIRLS POWER WEEKEND
2026**

U11/U13

Challenge. Grow. Lead.

Keep growing, support your teammates, and show the world what you're made of!



DAY 2 con't

1:30 PM



LEADERSHIP GAMES

Show what you have learnt by putting your skills to the test on the field!



McCaskill Field Crossfield

3:00 PM



KEYNOTE PANEL

An unforgettable message to inspire you on and off the field.



Crossfield Community Center

4:30 PM



CLOSING CEREMONY

We celebrate, you, your friends, and your amazing weekend.



McCaskill Field Crossfield

5:00 PM



SAFE JOURNEY HOME

Take your memories, keep growing, and we'll see you soon!



Crossfield Community Center

WHAT TO BRING



Water Bottle



Athletic Shoes



Shin Guards



Sunscreen



BIG SMILE!



YOU'LL GET TO...



Improve Skills



Make New Friends



Build Confidence



Train with Amazing Coaches



Lead On and Off the Field!

SPECIAL THANKS AND RECOGNITION TO :



U15/U19

Lead. Compete. Inspire.

Two days of leadership, high-performamnce sessions and real conversations to help you grow on and off the field.

YOU WERE MADE
TO LEAD.



JUST FOR YOU!

13



Have fun.



Make new friends.



Try new things.



Celebrate you.

You've got this!

DAY 1

8:00 AM



REGISTRATION & CHECK-IN
Pick up your swag bag, meet new friends, and get ready for an amazing weekend.



Crossfield Community Center

9:00 AM



OPENING CEREMONY
Welcome, Land Acknowledgement, special guests, and ignite the energy.



Crossfield Community Center

9:50 AM



LEADERSHIP SESSION
Balancing Sport, School, and Social Pressure.



Crossfield Community Center

11:00 AM



HIGH TEMPO TRAINING
This is an on-field session lead by Olds College.



McCaskill Field Crossfield

NOON



LUNCH & CONNECT
Refuel, relax, and reconnect with friends, new teammates, and mentors.



Crossfield Community Center

1:30 PM



FORMATIONS AND TACTICS
This is an on-field session lead by Olds College.



McCaskill Field Crossfield

3:00 PM



KEYNOTE: STAYING IN SPORT
This is a time for players to spend time with their parents to show them what they learned.



Crossfield Community Center

4:30 PM



DAY ONE REFLECTION
End the day with a group reflection before leaving the event for the evening.



Crossfield Community Center



DAY 2

8:30 AM



MORNING MEET & GREET
Welcoming participants back for day 2 of the event and review the day's activities.



Crossfield Community Center

9:00 AM



WELCOME BACK
Welcoming participants back for day 2 of the event and review the day's activities.



Crossfield Community Center

9:30 AM



MATCH OFFICIAL SESSION A
Understanding the game from the other side.



Crossfield Community Center

11:00 AM



MATCH OFFICIAL SESSION B
Inspire, and be inspired. Lift each other up and build a strong community.



McCaskill Field Crossfield

NOON



LUNCH & CONNECT
Refuel, relax, and reconnect with friends, new teammates, and mentors.



Crossfield Community Center

WHAT TO BRING



Water Bottle



Athletic Shoes



Shin Guards



Sunscreen



BIG SMILE!



LEAD
&
RISE.

GPW

GIRLS POWER WEEKEND
2026

U15/U19

Lead. Compete. Inspire.

Keep growing, support your teammates, and show the world what you're made of!



DAY 2 con't

1:30 PM

COLLEGE RECRUITING SESSION
Pathways. Opportunities. Your future.

3:00 PM

KEYNOTE PANEL
An unforgettable message to inspire you on and off the field.

4:30 PM

CLOSING CEREMONY
We celebrate, you, your friends, and your amazing weekend.

5:00 PM

SAFE JOURNEY HOME
Take your memories, keep growing, and we'll see you soon!

- Crossfield Community Center
- Crossfield Community Center
- McCaskill Field Crossfield
- Crossfield Community Center

WHAT TO BRING

Water Bottle

Athletic Shoes

Shin Guards

Sunscreen

BIG SMILE!

YOU'LL GET TO...

Train at a High Level

Build Leadership Skills

Build Confidence

Be Challenged and Inspired

Belong to Something Bigger!

SPECIAL THANKS AND RECOGNITION TO :



*Strong players compete.
Strong leaders inspire.*

GPW

GIRLS POWER WEEKEND

2026

Parents. Leaders. Game Changers.

WE'VE GOT YOU!

Knowledge. Support. Inspiration. You play a powerful role in every athlete's journey. These sessions are for you.



PARENTS



MATCH OFFICIALS



COACHES

Connect. Learn. Lead. Together. 

DAY 1

PARENTS

MATCH OFFICIALS

COACHES

8:00

AM



ARRIVAL & CHECK-IN

Grab a coffee, say hello, and get ready for an inspiring weekend.

9:00

AM



OPENING CEREMONY- ALL IN ATTENDANCE

Welcome. Land Acknowledgement. Sponsor Recognition. Weekend Overview.

9:30

AM



TRANSITION TO YOUR SESSIONS

9:50

AM



RAISING HEALTHY & STRONG ATHLETES

Information, tips, and support to keep your athlete healthy, strong, and ready to play.

11:00

AM



EXPLORE THE EVENT

We welcome parents to tour the event and watch some of the activities that players are involved in.



COACHING SESSION-
U5/U7

Age-appropriate coaching strategies, fun games, and player development.

12:00

PM



LUNCH & CONNECT

Recharge, network, and visit with vendors.

1:30

PM



KEYNOTE: STAYING IN SPORT. OWNING YOUR VOICE. LEADING FORWARD.

An inspiring message for ALL to fuel your weekend.

4:30

PM



DAY 1 REFLECTION & CLOSE

Take a moment, celebrate progress and set your intentions for Day 2.



Together, we empower the next generation.

GPW

GIRLS POWER WEEKEND

2026

16





PARENTS



MATCH OFFICIALS



COACHES

YOU MATTER.

Your support, leadership,
and encouragement
make a difference every
single day.

THANK YOU!



17

DAY 2

PARENTS

MATCH OFFICIALS

COACHES

8:30

AM



MORNING MEET & GREET

Grab a coffee, and visit the vendors.

9:00

AM

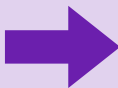


WELCOME BACK

Brief review of Day 1 and discussion about Day 2.

9:30

AM



TRANSITION TO YOUR SESSIONS

9:50

AM



EXPLORE THE EVENT

Tour and visit the other
activities that are going on.



MATCH OFFICIALS-
SESSION A

Review key concepts and prepare
for the field.



EXPLORE THE EVENT

Tour and visit the other
activities that are going on.

11:00

AM



EXPLORE THE EVENT

Tour and visit the other
activities that are going on.



MATCH OFFICIALS-
SESSION B

On-field discussion/ demonstration
and applying key concepts to
officiating.



COACHING SESSION-
U9/U19

Coaching competitive levels
of soccer. A review of key
concepts and strategies.

12:00

PM



LUNCH & CONNECT

More conversations. More connections. More inspirations.

1:30

PM



COLLEGE
RECRUITING &
PATHWAYS

What is involved? Ask
questions about a
recruitment pathway.



EXPLORE THE EVENT

Tour and visit the other activities that are going on.

3:00

PM



KEYNOTE: PLAYER WELLNESS- TAKING CARE PHYSICALLY AND MENTALLY
AS AN ATHLETE & BEYOND

An amazing panel discussion with experts and representatives from the Calgary Wild Professional
Womens Team

4:30

PM



DAY 2 GIRLS POWER WEEKEND CLOSING CEREMONY

Reflection of your time meeting, learning, participating, and being
inspired.

GPW

GIRLS POWER WEEKEND
2026

MEET



Your Speakers

REAL WOMEN. REAL STORIES. REAL IMPACT.

Be inspired by incredible women who live, lead, and grow. They're here to share their journeys, challenge you to dream bigger, and help you believe in your power.



*Learn from them. Grow with them.
Be inspired by them!*



ACCESS CHIROPRACTIC & WELLNESS

Dr. Emily Hubert



Empowering athletes and parents with the knowledge and tools to prevent injury, build strength, and stay in the game longer.

DAY 1 | PARENTS

*Raising Healthy & Strong Athletes:
Injury Prevention for Young Soccer
Players*

KEYNOTE



CONCEPT FIT



Josie Astley

CONCEPT FIT.

Discover the confidence to stay in sport, own your voice, and embrace your journey. Be inspired to lead with courage —on and off the field.

DAY 1 | U9 - U19 PLAYERS

*Staying in Sport. Owning Your Voice.
Leading Forward*



NORTH OF 55TH FC

Esther Bylsma



Explore how to balance sport, school, friendships, and everyday life. Discover ways to manage pressure, stay true to yourself, and thrive on and off the field.

DAY 1 | U11 - U13 PLAYERS

*Balancing the Field, the Classroom,
and Your Crew*



LEGACY BUILDER LEVEL SPONSOR



EVERY STORY CAN SPARK A CHANGE. *What will your story be?*

GPW

**GIRLS POWER WEEKEND
2026**



MAKE THIS WEEKEND UNFORGETTABLE - TOGETHER.



VILLAGE
OF PLAY

Jamila Godfrey (aka Coach JJ)

Discover your unique soccer superpower and the strengths that make you special. Learn how to use your confidence, character, and talents both on and off the field.

DAY 1

U9 PLAYERS

My Soccer SuperPower



CORNERSTONE
PSYCHOLOGICAL CORP.

Marsha Hamilton

Discover how parents can build confidence, encourage belonging, and create positive experiences that help girls stay connected to sport. Learn practical ways to support their journey both on and off the field.

DAY 1

PARENTS

*Understanding Girls in Sport –
Confidence, Identity,
Development*



PURPOSEFULLY ALIGN

Jillian MacKenzie

Pull back the curtain on the "Inner Critic"—that annoying commentator in your head who loves to point out every mistake before you even make it and what we do when that "Inner Critic" shows up.

DAY 1

U11 - U13 PLAYERS

Shift Your Mind. Own Your Game



BIG COUNTRY SOCCER
ASSOCIATION

Duncan Hawkins

Explore practical ways to create fun, engaging, and player-centred sessions for young players. Learn how maximizing touches, encouraging creativity, and keeping players active can help build strong technical foundations and a lifelong love of the game.

DAY 1

PARENTS

*Coach mentoring U5 - U9
Developmental*



EVERY STORY CAN SPARK A CHANGE. *What will your story be?*

GPW

GIRLS POWER WEEKEND
2026



MAKE THIS WEEKEND UNFORGETTABLE - TOGETHER.



WELL-RESPECTED AND ACCOMPLISHED OFFICIAL

Michelle Holmes

Discover the world of match officiating with experienced Match Official Michelle Holmes. Learn how confidence, communication, and leadership can open a rewarding new pathway to stay connected to the game.

DAY 2

ANYONE WANTING TO BE A MATCH OFFICIAL

This is Session A of a two-part series on the role of the Match Official



F3 ACADEMY

Mollie Ramsay

Discover how encouraging, supporting, and celebrating one another creates stronger teammates, lasting friendships, and a more positive soccer experience for everyone.

DAY 2



U11 - U13 PLAYERS

Girls Supporting Girls in Sports



F3 ACADEMY

Mollie Ramsay

Discover how encouraging, supporting, and celebrating one another creates stronger teammates, lasting friendships, and a more positive soccer experience for everyone.

DAY 2



U9 PLAYERS

Girls Supporting Girls in Sports

(U9 girls will join the U11/U13 girls for this amazing session)



BIG COUNTRY SOCCER ASSOCIATION

Duncan Hawkins

Explore practical approaches to developing competitive players through purposeful, game-realistic training. Learn how coaches can challenge players, encourage decision-making, and create an environment that supports individual development and team success.

DAY 2

PARENTS



Coach Mentoring- U9 - U19 Competitive



EVERY STORY CAN SPARK A CHANGE. What will your story be?



MAKE THIS WEEKEND UNFORGETTABLE - TOGETHER.



OLDS COLLEGE ATHLETICS

Joy Watson & Rachel Cunningham

Discover what it takes to continue your soccer journey beyond youth sport. Learn what coaches look for, how to prepare for collegiate athletics, and how parents and players can confidently navigate the pathway to post-secondary sport.

DAY 2



PARENTS and U9 - U19 PLAYERS

College Recruiting Session



WELL-RESPECTED AND ACCOMPLISHED OFFICIAL

Michelle Holmes

In part B of this two-part session, Michelle will move the discussion to the field where participants will be able to experience Match Official mentoring on field, connecting the information from part A to game management.

DAY 2

ANYONE WANTING TO BE A MATCH OFFICIAL

This is Session B of a two-part series on the role of the Match Official



GRIT & GRACE MENTAL PERFORMANCE COACHING

Caleigh Boeckx Grit&Grace PERFORMANCE

Discover how caring for both your body and mind can help you thrive as an athlete and beyond. Build healthy habits that support your strength, confidence, and overall well-being.

DAY 2 | KEYNOTE PANEL

Physically and mentally taking care of your body as both an athlete and beyond.



KINESIS MEDICAL CENTER

Dr. Murani Kinesis Physical Medicine and EMG

Discover how caring for both your body and mind can help you thrive as an athlete and beyond. Build healthy habits that support your strength, confidence, and overall well-being.

DAY 2 | KEYNOTE PANEL

Physically and mentally taking care of your body as both an athlete and beyond.



JD PERFORMANCE THERAPY

Jessie Dalton JD PERFORMANCE THERAPY

Discover how caring for both your body and mind can help you thrive as an athlete and beyond. Build healthy habits that support your strength, confidence, and overall well-being.

DAY 2 | KEYNOTE PANEL

Physically and mentally taking care of your body as both an athlete and beyond.

MORE THAN A SESSION.

AN EXPERIENCE.

These are just a few of the experiences waiting for you at Girls Power Weekend. Across two unforgettable days, our incredible speakers, coaches, facilitators, Match Officials, and community partners will share their knowledge, passion, and experience—each playing a part in creating a weekend designed to inspire, connect, and empower.



SESSION SPOTLIGHTS



CONFIDENCE

MY SOCCER SUPERPOWER

Every player brings something unique to the game—and your greatest strengths aren't always measured in goals or assists. This session helps girls discover the qualities that make them special, build confidence in who they are, and recognize how their strengths can make an impact both on the field and in everyday life.

YOU'LL TAKE AWAY: A better understanding of your own strengths—and the confidence to use your superpower wherever life takes you.



COMMUNITY

GIRLS SUPPORTING GIRLS IN SPORTS

Sport is stronger when girls lift each other up. This session explores the power of friendship, teamwork, and positive connections—helping girls recognize how supporting one another can build confidence, create belonging, and make sport a place where everyone can thrive.

YOU'LL TAKE AWAY: The confidence to support others, celebrate each other's successes, and help create a team culture where every girl feels valued and belongs.



GROWTH

CONFIDENCE & GROWTH

We're going to pull back the curtain on the "Inner Critic"—that annoying commentator in your head who loves to point out every mistake before you even make it. We'll learn why she shows up (she thinks she's protecting you!), why she's wrong, and most importantly, how to talk back to her in an impactful way.

YOU'LL TAKE AWAY: Learn how to quiet negative thoughts, separate a bad play from being a bad player, and confidently reset and get back in the game—on and off the field.



LIFE SKILLS

GIRLS SUPPORTING GIRLS IN SPORTS

Sport is stronger when girls lift each other up. This session explores the power of friendship, teamwork, and positive connections—helping girls recognize how supporting one another can build confidence, create belonging, and make sport a place where everyone can thrive.

YOU'LL TAKE AWAY: The confidence to support others, celebrate each other's successes, and help create a team culture where every girl feels valued and belongs.



EVERY SESSION HAS A PURPOSE.
EVERY EXPERIENCE LEAVES A MARK.



KEYNOTE



TAKING CARE OF THE ATHLETE — AND THE PERSON

Hear from three leading professionals, including experts connected to Calgary’s professional women’s soccer environment, as they explore what it truly means to care for your body and mind. This panel will share insights on physical health, mental well-being, recovery, and building healthy habits that support you through sport—and long after the final whistle.

YOU'LL TAKE AWAY: A better understanding of how caring for your body and mind can help you perform, recover, stay healthy, and thrive as both an athlete and a person.



PARENTS

HOW PARENTS CAN HELP GIRLS STAY IN SPORTS

Parents play a powerful role in shaping how girls experience sport. This session explores how encouragement, communication, and creating the right environment can build confidence, strengthen belonging, and help girls develop a lifelong connection to the game.

YOU'LL TAKE AWAY: Practical ways to support your daughter’s journey, encourage her confidence, and help make sport a place she continues to choose.



PATHWAYS

THE MATCH OFFICIAL PATHWAY

There is more than one way to find your place in the game. Join experienced Match Official Michelle Holmes to explore officiating as a pathway to build confidence, develop leadership and communication skills, and stay connected to soccer in a whole new way.

YOU'LL TAKE AWAY: A better understanding of the Match Official pathway and the confidence to see yourself with the whistle—leading the game from the middle.



WELLNESS

RAISING HEALTHY & STRONG ATHLETES

Presented by our Legacy Builder Sponsor, Access Chiropractic & Wellness, this session explores how parents can support the physical health and development of young athletes. Learn practical ways to help girls move well, reduce the risk of injury, recover effectively, and build healthy habits that support a lifelong journey in sport.

YOU'LL TAKE AWAY: Practical knowledge to help young athletes stay healthy, active, and confident—so they can continue doing what they love.



FUTURE

COLLEGE RECRUITING & WHAT’S NEXT

Presented by Olds College, this session gives players and parents an inside look at what it takes to pursue soccer beyond the youth game. Explore the college pathway, understand the recruiting process, and discover how preparation, development, and the choices you make today can help shape what comes next.

YOU'LL TAKE AWAY: A clearer understanding of the college soccer pathway and the steps players can take to prepare for opportunities beyond youth soccer.



*EVERY SESSION HAS A PURPOSE.
EVERY EXPERIENCE LEAVES A MARK.*

FIND YOUR WAY

From inspiring sessions, to on-field fun, everything you need is right here. Use this map to navigate your weekend and make the most of every experience.



**MCCASKILL FIELD**
Whitfield Ave. and McCaskill Dr., Crossfield, AB

U11-U19 On-Field Training

Match Official On-Field

Water Station

**CROSSFIELD COMMUNITY CENTER**
900 Mountain Ave, Crossfield, AB

Check-In Information

Washrooms

Food Trucks

Vendor Village

Water Station

First Aid

- Main Hall
- Hall A
- Hall B
- Player Sessions
- Parent Sessions

**W.G. MURDOCH HIGH SCHOOL**
1020 Mountain Ave, Crossfield, AB

U9 On-Field Training

Coaching Session

Water Station

**P**

Ample parking is available at all venues. Please follow event signage and directions from our volunteers to aid in your parking needs.





Your weekend. Your journey. We'll help you find your way.



Murdoch Park is just a short 3-minute drive from the Community Centre and features a great playground for kids to enjoy between sessions. It's the perfect spot to play, relax, and recharge before heading to their next GPW activity.



**MURDOCH FIELD**
South End of Murdoch St.,
Crossfield, AB

U5 - U7 On-Field
Training

Water Station

Playground



Ample parking is available at all venues. Please follow event signage and directions from our volunteers to aid in your parking needs.



Your weekend. Your journey. We'll help you find your way.

WHILE YOU'RE HERE!

WE'RE GLAD YOU'RE HERE!

Whether you need a bite to eat, a coffee between sessions groceries, or to refuel, you'll find it close to home base here in Crossfield.

Explore the community and support local businesses that help make rural communities like Crossfield thrive.



Thank-you for shopping local.



EAT - TREAT

Grab a bite, enjoy a treat, or fuel up with a coffee.



DAIRY QUEEN
1002 Laut Ave, Crossfield, AB.
(403) 929-4117
 Approx. 3-Min Drive



STACKED BISTRO
905 Mountain Ave, Crossfield, AB (403) 946-0394
 Approx. 2-Min Walk



HARVEST GRILL
817 McCool St, Crossfield, AB (403) 946-4422
 Approx. 4-Min Drive



CROSSFIELD PIZZA
1204 Railway St, Crossfield, AB (403) 946-0025
 Approx. 2-Min Drive



FUEL UP

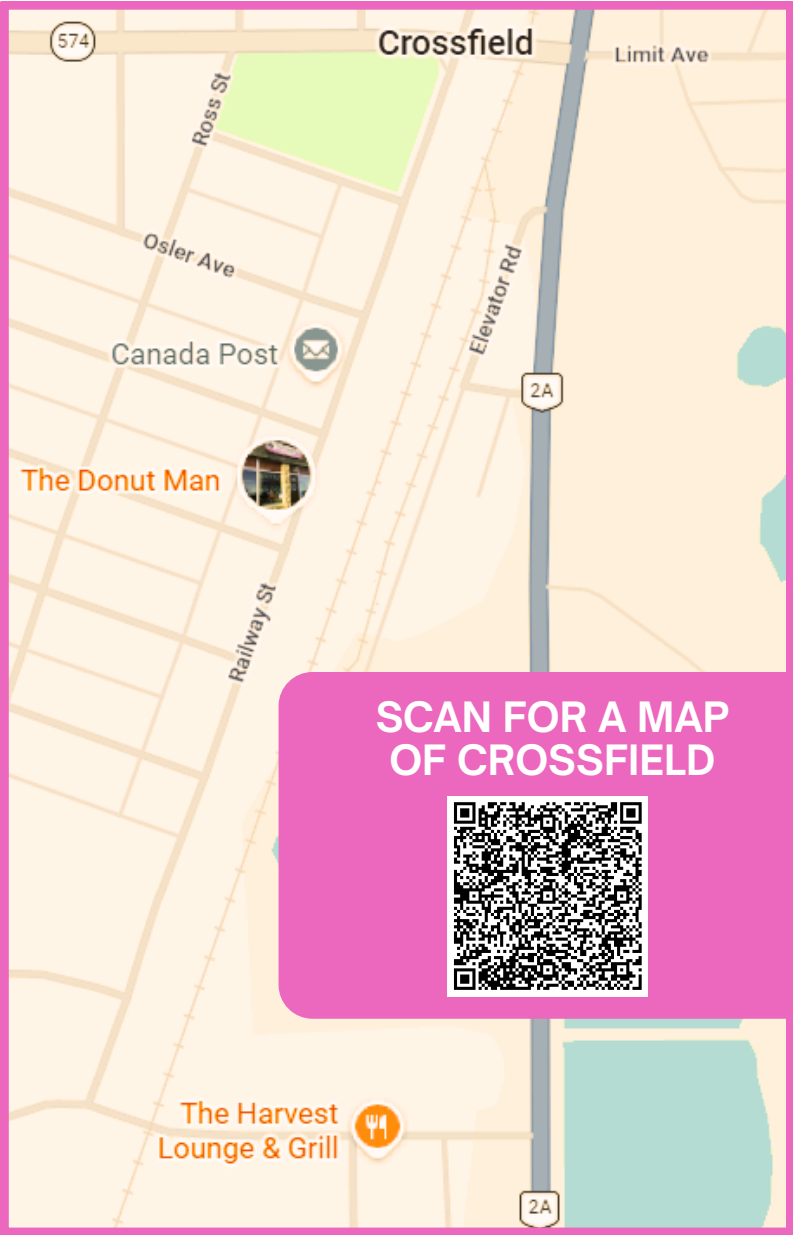
Gas stations and convenience stores close by.



SHELL GAS
1523 Railway St, Crossfield, AB (403) 946-0395
 Approx. 1-Min Drive



ESSO GAS
920 Railway St, Crossfield, AB (403) 941-0898
 Approx. 3-Min Walk





NEED SOMETHING?

Other helpful locatoinis just minutes away.



ATB 1523 Railway St, Crossfield, AB (403) 946-0395 - 3- Min Drive



EMERGENCY SERVICES
1601 Railway St, Crossfield, AB (403) 946-4285 - 1-Min Drive



ESSENTIALS

Groceries, pharmacy, & everyday needs.



CARMENS BIGWAY FOODS
1411 Railway St, Crossfield, AB (403) 946-5609
 Approx. 2-Min Drive
Your local full service groceries store for all your needs.



PHARMASAVE
107 - 1010 Railway Street, Crossfield, AB (403) 946-0678
 Approx. 3-Min Drive
Prescriptions, health supplies, and more.



ROCKYVIEW PHARMACY
1106 Railway St, Crossfield, AB (403) 946-2342
 Approx. 3-Min Drive
Prescriptions, health supplies, and more.



GOOD TO KNOW

Other helpful locatoinis just minutes away.



PARKING There is plenty of parking in and around Crossfield.



Your weekend. Your journey. We'll help you find your way.

THANK YOU TO OUR VENDORS.

Shop. Connect. Support local.

A big thank you to the amazing business partners and food vendors that are a part of the Girls Power Weekend! Be sure to visit them in the Crossfield Community Center and learn more about their support for girls and their families.



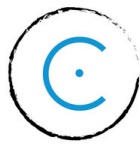
Chiropractic, Massage, and Laser Therapy

As chiropractors they want you to be pain free, but they also want more, they want you to feel healthier.



Self-Image Champion

Fun, stylish bows, and accessories made with heart and creativity. Handmade with love, one bow at a time.



CONCEPT FIT™

Online Fitness Programming

Specialized online fitness programs designed together by a Physiotherapist, Strength Coach, and Nutrition Coach. Working together on your team.



Village of Play™

Cognitive Fitness

Our mission is to normalize brain fitness the way we normalize physical fitness. You don't wait until something breaks to work on your body. Your brain deserves the same proactive care. Not as a reaction to a crisis. As a daily practice, built into the village where you actually live your life.



Fitness & Wellness Training

At TriFit Training, we believe that strength and conditioning is more than just lifting weights and not just for athletes — it's building the foundation for lifelong performance, resilience, and confidence.



Physiotherapy & Athletic Therapy

Where First Responders, Tactical athletes, Athletes & Active Adults in Airdrie & Calgary go to improve their overall performance



LEGACY BUILDER LEVEL SPONSOR



Support makes a difference!

By supporting our vendors, you're supporting local businesses who believe in empowering girls and strengthening communities.

GPW

GIRLS POWER WEEKEND

2026



Fuel Up Outside

FOOD VENDORS IN THE PARKING LOT



Since 1996, Bean Brokers has been serving up the finest coffee and tea, crafted from only the best beans and tea leaves to deliver an exceptional taste experience every time. With decades of passion and expertise, it has become a go-to destination for locals and visitors alike.



HUNGRY EH	
Todays Menu Item	Price (Including Tax)
CHEESE BURGER N FRIES	20.00
FISH N CHIPS	20.00
AUTHENTIC BEEF DONAIR WRAP	18.00
POUTINE	LARGE \$15 MEDIUM \$12
FRIES	LARGE \$10 MEDIUM \$8
BEEF, FISH OR FRIED CHICKEN OR VEG	BURGER
PIZZA	BIG SLICE - CHEESE \$10 - PEPPERONI OR HAM \$12
CHECKEN WINGS	HOT / HONEY N GARLIC / SWEET CHILE (10 pc)
MAC N CHEESE	
SAMOSAS	(3PC VEG)
PICKLE FRIES	(5 pc)
VEG SPRING ROLL	(5 pc) OR FALAFEL (VEG) (5 pc)
HOT DOG	- Junior size (Bean Onions, Relish)
ICE CREAM	- 1 Scoop Paper Cup OR ICE CREAM CONE
FLAVOURS	- CHOCOLATE - STRAWBERRY - MANGO - VANILLA
Gatorade or Monster	5.00
POP OR POPSICLE OR COFFE	3.00
WATER	2.00

We accept DEBIT / CREDIT CARD & CASH



Petite Bites started as a food truck in Calgary, created with a focus on bringing fresh, made-to-order desserts to events across Alberta. As we grew, we noticed a gap in the market for a mobile açai concept and decided to expand by adding Alberta's first açai cart.

KNOW BEFORE YOU GO!

A little preparation goes a long way! Use this guide to help you plan for a smooth, fun, and unforgettable Girls Power Weekend!

WHAT TO BRING



SOCCER GEAR

Cleats, shin guards, athletic shoes, and athletic wear.



WATER BOTTLE

Bring a refillable water bottle and keep it with you throughout the weekend.



LUNCH/ SNACKS

Pack enough snacks and healthy food to keep you fueled throughout the day.



WEATHER READY

Sunscreen, hat, rain gear, and clothing suitable for Alberta changing weather.



EXTRA SOCKS

Extra socks and clothing to change into, if required.



NOTEBOOK & PEN

For older participants that want to capture ideas, inspirations, and key take-aways..

GOOD TO KNOW



CHECK-IN

Check-in is at the Crossfield Community Center Main entrance. Please arrive early on Day 1 to pick up your swag bag and session information.



SESSION TRANSITION

We have provided time to allow you to move between sessions to get where you need to go and prepare for your next session.



PARENTS & YOUNGER PLAYERS

Parents are welcome to stay and watch all on-field sessions. Please remain off to the side to help create a positive environment and opportunity for the girls.



THE WEATHER

We go rain or shine! In the event of severe weather, updates will be provided through GPW social media, event volunteers, and the event check-in.



FIRST AID

First aid is available at the Crossfield Community Center. If a serious injury, notify an event volunteer immediately for us to initiate our response.



PHOTOS & MEDIA

Photos and media may be taken throughout the weekend for promotional use. The "Blue-Band" program is in use for those not wanting to be included.



BE KIND & RESPECT EVERYONE

Help us make the GPW a welcome, inclusive, and empowering space for everyone. Respect our speakers, volunteers, participants and facilities.



NEED HELP?

Look for an event volunteer by the badges they are wearing. Check in at the Crossfield Community Center. We are here to help and support you.

WE'RE
HERE FOR
YOU!

Questions before the weekend?
Contact us as crossfieldsoccer@gmail.com
or visit the Check-In Station during the GPW event.

COME READY TO PLAY.
COME READY TO LEARN.
COME READY TO BELONG!

GPW
GIRLS POWER WEEKEND
2026

BEYOND THE WEEKEND!

Girls Power Weekend is more than an event. It's a starting point. There are so many ways to stay connected to the game, keep growing, and make an impact.

“The beautiful thing about soccer is you decide *how far* you want to go.”



KEEP PLAYING

Continuing developing your game through club, academy, indoor, and competitive opportunities.

- ✓ Build your skills.
- ✓ Make lifelong friendships.
- ✓ Compete. Grow. Have fun!



BECOME A COACH

Share your passion for the game and help inspire the next generation of players.

- ✓ Learn. Lead. Inspire.
- ✓ Gain valuable experience.
- ✓ Make an impact.



PICK UP THE WHISTLE

Discover Match Officiating and develop confidence, communication, and leadership while seeing the game from a new perspective.

- ✓ Great pay.
- ✓ Flexible schedule.
- ✓ Be a leader on the field.
- ✓ Make a difference.



NEXT STEPS

Explore opportunities beyond youth soccer, including college, university, and higher levels of competition.

- ✓ Set big goals.
- ✓ Work hard.
- ✓ Chase your dreams.
- ✓ The future is yours.



LEAD & GIVE BACK

Volunteer, mentor younger, supporter girls in your community - and perhaps return to GPW one day as a leader yourself.

- ✓ Great pay.
- ✓ Flexible schedule.
- ✓ Be a leader on the field.
- ✓ Make a difference.



YOUR JOURNEY IS JUST BEGINNING

Girls Power Weekend may last two days, but the confidence, connections, and possibilities you discover here can carry you much further.

Find your path.
Follow your passion.
Change the game.

STAY CONNECTED!



THE CONVERSATION DOESN'T
HAVE TO END HERE.

Inspired by something you saw or heard this weekend? Want to learn more? Connect with the organizations, professionals, and pathways helping girls and women thrive in the sport and beyond.

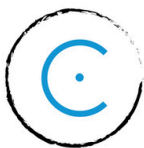
OLDS COLLEGE



LEARN MORE



CONCEPT FIT



CONCEPT FIT™

LEARN MORE



GRIT & GRACE



LEARN MORE



CORNERSTONE
PSYCHOLOGICAL CORP.



LEARN MORE



VILLAGE OF
PLAY



LEARN MORE



NORTH OF 55TH



LEARN MORE



*Together, we can create a game - and a future -
where every girl belongs.*



ONE WEEKEND
CAN SPARK A
LIFETIME OF
POSSIBILITIES.



KINESIS MEDICAL CENTER



LEARN MORE



BIG COUNTRY SOCCER ASSOCIATION



LEARN MORE



JD PERFORMANCE THERAPY



LEARN MORE



F3 ACADEMY



LEARN MORE



CROSSFIELD ROCKS & ODDITIES



LEARN MORE



NORTHBOUND PERSONALITY



LEARN MORE



Together, we can create a game - and a future -
where every girl belongs.



POWERED BY COMMUNITY!



MADE POSSIBLE BY THOSE WHO BELIEVE
IN THE FUTURE OF GIRLS IN SPORT.

Girls Power Weekend is possible because businesses, organizations, and community partners choose to invest in opportunities for girls. Their support helps us create an experience where cost is never a barrier and where every participant has the opportunity to learn, connect, play, and belong.



LEGACY
BUILDER
\$1,501+



THANK YOU, ACCESS CHIROPRACTIC & WELLNESS

Thank you for your incredible commitment as a **Legacy Builder Sponsor** of Girls Power Weekend 2026. Your support is helping us create meaningful opportunities for girls to learn, grow, and thrive—while giving families access to knowledge that can support healthier athletes and stronger futures.

Thank you for believing in our girls, investing in their well-being, and helping us build a legacy that extends far beyond the weekend.

EMPOWERMENT
PARTNER
\$1,000+



THANK YOU, ECHO NDE

Thank you for your generous commitment as an **Empowerment Partner** of Girls Power Weekend 2026. Your support is helping create meaningful opportunities for girls to build confidence, discover their potential, and see new possibilities for themselves through sport.

Thank you for believing in our girls, empowering their journeys, and helping create an experience where every girl has the opportunity to grow, lead, and belong.

EMPOWERMENT
PARTNER
\$1,000+



THANK YOU, STAND SURE FORMING

Thank you for your generous commitment as an **Empowerment Partner** of Girls Power Weekend 2026. Your support is helping create opportunities for girls to build confidence, strengthen connections, and discover the possibilities available to them through sport.

Thank you for standing behind our girls, investing in their potential, and helping us build an experience that empowers them to play, grow, lead, and belong.

COMMUNITY PARTNERS



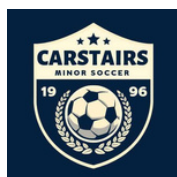
OLDS
COLLEGE



BCSA



CROSSFIELD
MSA



CARSTAIRS
MSA



SUNDRE
SOCCER

GPW
GIRLS POWER WEEKEND
2026



CHIROPRACTIC

ACCESS CHIROPRACTIC & WELLNESS

BUILDING *Stronger* ATHLETES.

SUPPORTING HEALTHIER FUTURES.



HEALING ATHLETES.
SUPPORTING FAMILIES.

Girls Power Weekend is about more than what happens on the soccer field. It is about giving girls, athletes, and families access to the knowledge, support, and resources that can help them thrive in sport and in life.

As a Legacy Builder Sponsor of Girls Power Weekend 2026, Access Chiropractic & Wellness is helping make that vision possible. Their commitment extends beyond supporting the event—they are bringing their professional knowledge directly to GPW families and helping create important conversations around raising strong, healthy athletes.

Through their support, Access Chiropractic & Wellness is investing in something that can last far beyond one weekend: healthier athletes, informed families, and more opportunities for girls to continue doing what they love.



FAMILY FOCUSED



COMPASSIONATE
CARE



EXPERIENCE THEM IN PERSON AT GPW

Join Access Chiropractic & Wellness for a parent-focused conversation exploring how we can support the physical health and development of young athletes—helping girls move well, recover, reduce injury risk, and build healthy habits for sport and beyond.

Thank you for building the legacy with us!

Learn More!



YOU DIDN'T JUST SPONSOR AN EVENT. YOU CREATED AN OPPORTUNITY.



EMPOWERMENT PARTNER \$1,000+



THANK YOU, PROPAK SYSTEMS

Thank you for your generous commitment as an **Empowerment Partner** of Girls Power Weekend 2026. Your support is helping create meaningful opportunities for girls to build confidence, develop new skills, and discover the many pathways available to them through sport.

Thank you for investing in our girls, believing in their potential, and helping create an experience that empowers the next generation to grow, lead, and succeed.

EMPOWERMENT PARTNER \$1,000+



THANK YOU, AERIAL ASSESSMENTS

Thank you for your generous commitment as an **Empowerment Partner** of Girls Power Weekend 2026. Your support is helping create meaningful opportunities for girls to build confidence, develop new skills, and discover the many possibilities that sport can provide.

Thank you for believing in our girls, empowering their journeys, and helping us create an experience where every participant is inspired to play, grow, lead, and belong.

COMMUNITY CHAMPION UP TO \$999



THANK YOU, CALIPER INSPECTION

Thank you for your generous support as a **Community Champion** of Girls Power Weekend 2026. Your contribution is helping create an inclusive weekend where girls can build confidence, make connections, and discover new opportunities through sport.

Thank you for championing our girls, investing in our community, and helping create an experience where every participant is encouraged to play, grow, and belong.

COMMUNITY CHAMPION UP TO \$999



THANK YOU, BOOM CONSTRUCTION

Thank you for your generous support as a **Community Champion** of Girls Power Weekend 2026. Your contribution is helping create meaningful opportunities for girls to come together, build confidence, develop new connections, and experience all that sport has to offer.

Thank you for championing our girls, supporting our community, and helping build an experience where every participant has the opportunity to play, grow, and belong.

THANK YOU FOR BELIEVING IN
GIRLS. THANK YOU FOR
BUILDING COMMUNITY. THANK
YOU FOR LERAVING A LEGACY.



COMMUNITY
CHAMPION
UP TO \$999



THANK YOU, TRI FIT TRAINING

Thank you for your generous support as a **Community Champion** of Girls Power Weekend 2026. Your commitment to athlete development and our community is helping create opportunities for girls to challenge themselves, build confidence, and discover the joy of growing through sport.

Thank you for championing our girls, supporting their development, and helping create an experience that inspires every participant to play, grow, and reach for what comes next.

COMMUNITY
CHAMPION
UP TO \$999



THANK YOU, BIG COUNTRY SOCCER ASSOCIATION

Thank you for your support as a **Community Champion** of Girls Power Weekend 2026. Your commitment to growing the game across our rural communities is helping create more opportunities for girls to play, develop, lead, and discover their place in soccer.

Thank you for championing the girls' game, strengthening soccer across our district, and helping build a future where every girl can see a pathway to belong, grow, and stay in the game.

COMMUNITY
CHAMPION
UP TO \$999



THANK YOU, TAQA

Thank you for your generous support as a **Community Champion** of Girls Power Weekend 2026. Your contribution is helping bring our community together and create opportunities for girls to play, connect, build confidence, and experience the power of belonging through sport.

Thank you for championing our community, supporting our girls, and helping us create a weekend where every participant has the opportunity to learn, grow, and belong.



BEHIND THE WEEKEND!

TEAM

It takes a team!

Girls Power Weekend is brought to life by people who believe in creating more opportunities for girls in sport. Behind every session, speaker, field, and experience is a team committed to making this weekend something our participants will remember.



KIRSTEN BURNS

Organizing Team Lead

VISION - PROGRAMMING - PARTNERSHIP



MAHDIEH HOSSINI

Volunteer Coordination

WELCOME - CONNECTION - BELONGING



SHIVON ANDERSON

Vendor Coordination

SUPPORT - COMMUNITY - EXPERIENCE



TARA HOMA

On-Field Coordination

PEOPLE - SUPPORT - EXPERIENCE



KAYLA ANDERSON

Committee Support

PLANNING - COORDINATION - DELIVERY



STEPHANIE FLEMING

Swag Coordination

STORYTELLING - PROMOTION - ENGAGEMENT



MORE THAN AN EVENT

What began as an idea to create something meaningful for girls, has become a weekend powered by volunteers, presenters, coaches, match officials, businesses, and organizations who believe girls deserve opportunities to see what is possible.

DIFFERENT ROLES. ONE PURPOSE.

Helping girls play • grow • lead • belong.



MEET NEW FRIENDS



TRY NEW THINGS



BE INSPIRED



DISCOVER YOUR SUPERPOWER

GPW

**GIRLS POWER WEEKEND
2026**

MY GPW MOMENT

Take a minute. Think back.
What will you carry with you?



Something I learned
about myself:



Someone who
inspired me:



One thing I want
to try next:



A moment that
made me feel proud:



One new friend or
connection I made:



My favorite part
of the weekend:

AFTER GIRLS POWER WEEKEND, I WANT TO REMEMBER...

THE WEEKEND MAY END.
WHAT YOU DISCOVERED ABOUT YOURSELF
DOESN'T HAVE TO.

THE GPW PLEDGE

GPW 39
GIRLS POWER WEEKEND
2026

I PROMISE

☐

I will encourage another girl.

☐

I will celebrate effort.

☐

I will support my teammates.

☐

I will be brave enough to try.

☐

I will be a role model for the younger girls.

☐

I will keep learning.

☐

I will believe in myself.

☐

I will help make soccer welcoming for everyone.



Signature



Date

TOGETHER, WE IGNITE.
TOGETHER, WE RISE.



A LETTER TO EVERY GIRL

40



TO EVERY GIRL HERE THIS WEEKEND...

Dear Player,

There will be days when soccer feels easy.
There will also be days when it feels hard.

You'll miss passes.
You'll lose games.
You'll wonder if you're good enough.

Every player you met this weekend—including every speaker, coach, official, and role model—has had those same moments.

The difference wasn't that they never struggled.
The difference was that they kept showing up.

♡ Keep asking questions.
Keep trying new things.
Keep believing you belong.
Because you do.

Whether your journey leads to high school soccer, college, refereeing, coaching, professional football, or simply a lifelong love of the game...

You are already part of something much bigger.

♡ Your voice matters.
Your teammates matter.
Your dreams matter.
Most importantly...

YOU MATTER.

Never let anyone convince you otherwise.

Keep playing.
Keep smiling.
Keep leading.

We'll be cheering for you every step of the way.

See you next year. ♡

The Girls Power Weekend Team

THIS ISN'T THE END OF YOUR STORY.
IT'S JUST THE BEGINNING.



IGNITE • BELONG • LEAD • IGNITE



Thank you for being part of
GIRLS POWER WEEKEND 2026



We hope you leave with new friendships, greater confidence, unforgettable memories, and a belief that there is a place for every girl in the sport of soccer.



**STAY
CONNECTED**



@girlspowerweekend



facebook.com/BCSA



www.bigcountrysa.com

Scan the QR Code for more information
or to stay up to date



ONE WEEKEND. A LIFETIME OF POSSIBILITIES.

